



# A CITY in A PARK



Little Rock Parks & Recreation Newsletter

December 2015

## Director's Message

Season's Greetings from Little Rock Parks and Recreation!

It's an exciting time of year in our neck of the woods with the Thanksgiving feasts behind us and Christmas gifts being wrapped.

This season is always full of joy, blessings of family and friends, and the chance to reflect on the past year's feats.

Our department had a prosperous 2015. We hosted our 13th annual Little Rock Marathon, our urban forestry division moved into a new shop, we launched a new Junior Park Ranger program and more miles of trails were blazed. Also, thanks to some generous grants, our youth volleyball, football, softball teams and cheerleaders received new uniforms and equipment and the Kanis Park Skate Park is currently being expanded and upgraded.

A noted clergyman of the 19th century, Maltbie D. Babcock, once said, "Better to lose count while naming your blessings than to lose your blessings to counting your troubles." As a blessed people, in a blessed country, let us endeavor to share our many blessings with those around us. Christmas is the spirit of giving without a thought of getting; It is happiness because we see joy in people; It is forgetting self and finding time for others; It is discarding the meaningless and stressing the true values. Enjoy the material things that come with it, but most importantly give thanks for what truly matters.

Our offices are decorated with Christmas cheer as our Therapeutic Recreation Adult Branch Out Program participants recently took time to hang wreaths and dress the tree. It's enough to make anyone smile and makes each day at the office a festive one! I invite you to come down to City Hall and see for yourself and say hello.

Wherever this season takes you and however you choose to celebrate, may you be blessed and know that your friends at Little Rock Parks and Recreation wish you Happy Holidays. We look forward to seeing you at the park in 2016!

Truman Tolefree

Did you know?



The tradition of mistletoe dates back to ancient history and is still practiced in many cultures. The plant is often regarded as a sign of peace and goodwill. The practice of kissing under the mistletoe is also a very popular holiday tradition. Legend says you should pick a berry off every time a kiss is given!

## In This Issue

- Super Bowl
- Teen Fest
- Color Run
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- Daryl Macon Signing

## Color Run

Downtown streets were covered in a rainbow of colors at the beginning of November as the Color Run came to town. This event was a fun 5k held in partnership with and benefiting Little Rock Parks & Recreation. We're thankful for all the runners and volunteers who showed us your colorful spirit!



## Holiday Survival Kit

The holiday season can bring many smiles but also many stresses. Here a few tips to stay sane during the festive weeks ahead!

1. Know your limitations. Set realistic expectations for yourself and others.
2. Plan ahead
3. Accept a little help from your friends and/or family members
4. Pace Yourself
5. Stick to a budget
6. Take a little time each day for yourself.



Lining the Pond at  
MacArthur Park

## Out & About



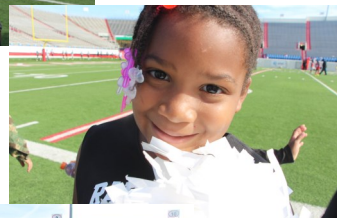
E-Stem students with  
Parks staff discussing  
their adoption of a portion  
of Riverfront park

Just because it's cold outside  
doesn't mean we're hibernating!  
Now is a great time to start the  
training process to become a  
Volunteer Park Ranger!

Call Karen @ 501-442-7320

## Super Bowl

On November 14, our youth football Super Bowl games were held at War Memorial Stadium for all age groups. The Southwest Buccaneers defeated the Dunbar Raiders in all three divisions. Congratulations to all the players, cheerleaders and coaches for another fun year of football.





## Thanksgiving Celebration

The Therapeutic Recreation Adult Branch Out Program enjoyed their annual Thanksgiving potluck the week before the holiday. Each year participants are encouraged to invite a guest, prepare their favorite dish and celebrate with the rest of the group. This year a record-setting number of guests enjoyed the feast. 40 people came out for turkey and all the fixings at the Ottenheimer Community Center.



## REC-Temberfest

Rectemberfest was a success as around 75 teenagers from the Little Rock area came out to enjoy a fun Teen Night at Southwest Community Center. The evening kicked off with a welcome by several guest speakers who gave a short presentation on future educational and career opportunities. The night included a 3 on 3 basketball tournament, Zumba class, dance contest and food! Each guest was entered in raffle for some great prizes.



## From Recreation to Razorbacks

A special homecoming for one Little Rock man, Daryl Macon returned to Little Rock last month for a signing ceremony committing to play for the Razorback basketball team next year. Macon grew up playing in the Little Rock Parks and Recreation youth basketball league. In high school he played for Little Rock Parkview then his career took him to Holmes Community College in Mississippi. We're glad to have been a part of his developmental years on the court. Welcome back Daryl!



## Happy December Birthday to these staff members:

Angela Nelson  
Geneva Lamm  
Jacinda Jones  
Leland Couch  
Jeffrey Lacey  
Daryl Marbley  
Lauren Clark

Eileen Davis  
Bob Baker  
Odishou Maroukl  
Kenneth Paukner  
Walter Lemke  
Danny Sanford

Be sure to catch our new  
Little Rock Parks & Recreation  
television show premiering on  
LRTV this month!



[www.lrpr.org](http://www.lrpr.org)

## Contact Us

Give us a call, send an email or visit our offices at City Hall. We welcome your comments!

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PLACE  
STAMP  
HERE